



Greetings from the Commanding Officer

Commanding Officer Air Station Atlantic City



Family and Friends,

Finally, 70 degrees during the day and 50-60 degrees in the evening; hopefully you agree, but I don't think there is better weather anywhere right now! Leaves will be changing soon and Fall will be upon us, but a lot happened this summer:

From 1 JUN to 1 OCT, we have flown over 1900 hours, conducted 114 SAR cases, upgraded numerous pilots, crewman and swimmers and protected this great country's most critical infrastructure and the President himself. Not too shabby!

We have been visited by Admirals, the Master Chief of the Coast Guard, and even mentored a Boot Camp Company at Training Center Cape May. Our Coast Guard Day celebration at Estelle Manor Park was fabulous and our welcome aboard pool party at the Tilton Village Recreation Center Pool will become an annual celebration as well. Great job by our Morale committee!

We welcome aboard to all our new PCS personnel and families. I would also like to thank our Ombudsman, Dorothy Folk and Cynthia Sullens, for their selfless work taking the unit to the next level. Along with Mary, my wife, they are making sure that all our new personnel and families are welcomed and given the tools and information on the local area to ease the transition to a new duty station. If you have not received a welcome aboard package, talk to your supervisor; all the packages were given to them for distribution and there is some great information in there. It contains everything from a list of service provider's to fun things to do in the area. This is the home of the A-Team, a unit like none other. We are very busy, but we also have missions that nobody else in the U. S. Coast Guard does; so be proud and I think you will be rewarded by your tour here, both

professionally and personally. We are family, so welcome and we look forward to seeing everyone at our unit events.

Tragically, we were hit again with another personal loss in late June as one of our own "crossed the bar." MK1 Nik Holmes will forever be remembered for his infectious fun attitude, professionalism and devotion to friends, family and duty. He, like P-12, will be missed by all, but NEVER forgotten.

School has started, everyone is busy and the unit is studying and being evaluated as well. We have our annual ATC Standardization going on till mid October and I know we will shine as you always do. All I can ask is that you do your best; I have seen you all at your best, it's pretty impressive and nobody can compare. Hang in there and relax...whether on a check ride or taking the exam, you all will do fine!

Farewell to those who have moved on to other units and welcome to our newest members of the A-Team. To our active duty personnel and the families at home, thanks for all your hard work and support. Mary and I look forward to meeting everyone soon.

Semper Paratus,
CAPT Nick Bartolotta
Commanding Officer

OMBUDSMEN Corner

It has been a busy 6 months. With a lot of time and effort, Cynthia and I have been able to put together a wide range of information for the Air Station spouses.

During the latest transfer season, we were able to handout welcome packets to all the new members and their families to help them with the transition into the area. We have developed a nice array of lists including referrals from our spouses, a growing babysitter list, an area events calendar and a military discount list. We also sent out communications regarding local happenings as well as important information forwarded from the Air Station as it become available. Starting this month Cynthia will be running play dates to help spouses and kids get connected

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DEPENDENT EMAIL SYSTEM

To receive this newsletter electronically, e-mail michael.j.gereau@uscg.mil to be added to the dependant email system. Include your First and Last name.

IMPORTANT DATES:

- FRI, 28 OCT Haunted Hangar
- SAT, 29 OCT Six Flags
- SAT, 10 DEC Children Party
- FRI, 16 DEC Adult Party
- THU, 26 JAN Ski Trip



Safety Corner

How to not get killed on a Bicycle. By LT Zuckerman

As the weather gets a little cooler, and the leaves start changing colors, now is a great time to 'get on a bike and ride'. Few things compare with the satisfaction of using your own power to get from point A to point B, especially when that involves staying in shape and getting outside. There is a very common misperception that cycling is incredibly dangerous. No doubt these perceptions are fueled by articles written by overzealous ground safety officers using sensationalistic headlines to scare people. In fact 33,000 people die in car crashes in the US every year... of those only 804 are riding bicycles. That being said there are a number of common factors present in most injuries and fatalities, all of which are preventable. Let's take a look at some of those factors:



The most dangerous event is a collision between a motor vehicle and bicycle. Easily the most common source of fatalities is when a bicyclist is pulling out of a driveway or through an intersection, and is hit by a car from the right. A number of factors play into this, and for a detailed explanation go to www.bicyclesafe.com, which also has diagrams and excellent advice on how to not get killed in traffic. The most common advice for not being hit by a car is to slow down and pretend that motor vehicles can't see you. Ride like you are invisible and you don't need to be invincible. Of course it doesn't hurt to wear as much reflective clothing as you can. Fun fact, one fifth of cycling fatalities do not involve a motor vehicle or other cyclists... just someone losing control.



Some of the more common injuries to bicyclists are knee pain, ulnar nerve damage, carpal tunnel syndrome in the wrist, and impotence (debatable). Most of these injuries are due to overuse and poor ergonomics. Simple fix- make sure your bike is fitted correctly. If the seat height is too high or low, your knees are going to pay a heavy toll, as are your wrists, since they will be supporting too much of your body weight. Overuse injuries can be attributable to a number of things, but the most common is trying to ride too far too soon. Remember hills, miles, and heat can all contribute to riding above your ability level. As for impotence... well it is debatable, but the issue is perineal pressure from the saddle preventing blood flow to the urogenital area. Saddles are available without noses that protrude, and proper fit can greatly increase your comfort margin. Talking to an expert at your local bike shop can greatly help with all of these areas. Another idea is to consider a recumbent bicycle. They look silly and have their own set of safety issues (namely visibility to motorists), but they are much better suited to the human anatomy.

Every time you go to work you take risks... whether you ride a bicycle or a heavy duty pickup truck. Learning to manage those hazards and utilize operational risk management skills at home as well as the workplace will help keep you out of the hospital. Ride safe, ride often, and WEAR A HELMET!!!



Seasonal Driving: By LTJG Michael Gereau

In recent years, New Jersey has experienced above average snow fall, 31-32 inches in a single storm. Besides snow, we also have black ice, freezing rain/mist and sleet. When transferring from a warmer climate air station, these new driving conditions can be very dangerous. Ice doesn't care if you have a 4 wheel drive truck and experience of driving in poor conditions, The best advice is to stay home and avoid traveling in unsafe conditions. If you must travel in snow and icy conditions, be prepared, accidents happen.



Many people try to hike out of a stranded situation only to succumb to the elements. Unless you are Bear Grylls, from *Man vs Wild*, you should stay with your vehicle and wait out the storm or until rescue personnel arrive. Should you find yourself in this situation, a survival kit will be invaluable to you.

Having a survival kit in your vehicle is easy to assemble and could make a huge difference. When I lived in the Upper Peninsula of Michigan (Yooper), my kit included many of the items listed below and then some more. Most important, your kit should be designed for your climate and travel needs.

Your kit can include any items you may need, but here are a few ideas:

- | | |
|--|--------------------|
| Metal container to melt snow | Socks |
| Flashlight(s) | Gloves/Mittens |
| Pocket Knife | Hand Warmers |
| Matches/Lighters | Warm Hat |
| Prepackaged food
(trail mix, energy bars, MREs) | First Aid Kit |
| Wool/Solar Blanket | Shovel |
| Flares or Reflective Triangle | Sand or Cat Litter |

If you are stranded in your vehicle, don't panic. Avoid overexertion and getting wet. Frost bite or even hypothermia, can slowly set in and cause more harm. Try to keep fresh air in the vehicle and if possible, avoid running the engine unless you know the exhaust pipe is not obstructed. Of course in any emergency situation, call 9-1-1 and follow the instructions you are given so you won't be stranded any longer then necessary.

Driving on icy roads

If you find yourself driving on icy roads, plan for travel delays and leave plenty of room between your vehicle and vehicle in front of yours. When approaching an intersection, keep in mind black ice may have accumulated so brake early and apply pressure evenly. If you have standard brakes, pump them gently. If you have anti-lock brakes (ABS), do not pump them. Apply steady pressure to the brakes. You will feel the brakes pulse, this is normal. Also adding weight, 50lbs or more, to your trunk will help vehicles with rear wheel drive.

Also be aware of bridges and overpasses because these structures tend to freeze over before the roads.



Being prepared for an emergency is crucial. Remember, be the Boy Scout and Be Prepared.

Winter Storm Preparation

http://www.fema.gov/hazard/winter/wi_before.shtm

Winter Driving Tips

<http://www.weather.com/activities/driving/drivingsafety/drivingsafetytips/snow.html>





CONGRATULATIONS

COMM MEDAL

CDR Shawn Koch
LCDR James Small
LT Paul LaRoche
OSC Vasquez-Cruz
AMT1 Randy Beauchamp
OSC Vasquez-Cruz
AMT1 Randy Beauchamp

ACH MEDAL

LT Peter Taddeo
LT James Kenshalo
LT Derek Ham
LT Daryl Clary
AMTC Chris Kluyber
SKC Jeffrey Galliher
HS1 Robert Lesko
AST1 Matthew Laub
AMT2 William Mejias

COMDT LTR OF COM- MENDATION

LT Neal Corbin
AST1 Christopher Razoyk
AMT2 Sean McManus
AMT2 Alan Smith
YN2 Kris Lim
HS2 Corey Harris
AMT2 Sean McManus
AET3 Mark Greenfield
YN3 Andrew Morales
AST3 Jaime A. Vanacore
SN Amanda Terry
FN Ryan Stanson
SN Eric Myers

MTC AWARD

LT Laura Holveck

CERT of Appreciation

LCDR Eric Drey
LT John Walters

Good Conduct Medal

AETCS Dave Ozuna
OSC Gordon Boozer
SKC Jeffrey Galliher
EMC Stephen McCauley
SK1 Ramon Grullon
AMT1 Steve Morrow
HS1 Hirem Thurston
AMT1 Michael Lewis
HS1 Hirem Thurston
AMT1 Michael Lewis
HS2 Corey Harris
AMT2 Devon Lesoine
AET2 Steven Leghorn
AET2 Justin Miller
AMT2 Brandon Nowicki
MK3 Luis Nunez
AMT3 Evan Derby
AMT3 Thomas Cafferelli
AET3 Brett Eisenberger
AST3 Jaime A. Vanacore
AET3 Kirill Evdokimov
AMT3 Evan Derby
AMT3 Dane McCollister
AMT3 Anthony Occhino
AET3 Paul Miller
SN Daniel Gossage
SNSK Christopher Steinle
AN Joshua Felter

EAGLE EYE AWARD

AMT2 Kaare Aagard
AMT2 Christopher Curry
AMT2 Christopher Mix
AMT2 Justin Perez
AMT3 Anthony Occhino
AMT3 Samuel Knoeppel

MH-65D Aircraft Commander

LT Brian Hedges

MH-65D First Pilot

LT Augustino Albanese
LTJG Michael Gereau

MH-65C/D Flight MECH

AMT3 Amir Ebrahim
AMT3 Kyle Forster

BASIC AIRCREW

AET3 Alyse Corle
AET3 Evan McCourt
AET3 Jesse Flett

PROMOTIONS

CDR Roger Harris
LCDR Laura Holveck
LCDR Blake McKinney

ADVANCEMENTS

AMT1 Bryan Patrick
AET2 Robert Colon
AST2 Cory Osborne

Quality Set Increase

Mr. Jason Dircks





Morale, Well-being and Recreation (MWR)

Contact your AIRSTA MWR and TIRF Officers: LT Adney (609-813-3852) & LTJG Glavin (609-813-3854)

MWR Updates:

Morale gear can be checked out via the intranet reservation system that is located on the AIRSTA Intranet Site. Morale Gear includes tables, picnic tables, canopy tents, sports gear, and P90X workout systems. No charge for equipment. Equipment can be picked up during normal business hours from Admin, MWR, or TIRF.



Upcoming Events:

Friday, 28 Oct

ASAC Annual Haunted Hangar from 1700-2000; however, the line will close to newcomers at 1930. The Haunted Hangar Organization committee is looking for volunteers to assist with the activity booths, set-up, and characters in the haunted hangar. Contact LT Buccarelli 609-677-2133 to assist.



Saturday, 29 Oct

October Six Flags Fright Fest at Six Flags NJ. Park is open 1030-2300. Tickets are \$29.95 but must be purchased through MWR by 19 October to receive the group prices. Tickets can also be purchased online and at the gate; however, tickets purchased at the gate are the most expensive.

Saturday, 10 December

ASAC Children's Holiday Party. Join us from 0930-1130 for snacks, entertainment, and a visit from Santa. Santa will be arriving via helicopter at 1000. Please RSVP to MWR if planning to attend.



Friday, 16 December

Adult Holiday Party at Bally's Atlantic City from 1800-2300. Tickets must be purchased from MWR by COB Friday, 9 December. Tickets include dinner, drink tickets, parking, drawing for door prizes, and entertainment.



Discounted hotel room (\$89) are available for those interested-mention you are with the ASAC Coast Guard Holiday Party to receive the discounted rate. ** Due to the busy holiday season, you MUST reserve your hotel room by 16 November 2011 to receive the group discount**

Thursday, 26 January

ASAC Annual Ski Trip at Blue Mountain. Tickets must be paid for in advance to receive group rates. Contact MWR for additional information.

Help Us to Help You:

MWR is conducting a survey. Please fill out the online form or receive a paper copy from LT Adney. The Morale Committee and Command would like your input on events and equipment purchases.

TIRF

Spend the Holiday Season at the TIRF

LTJG Sean Glavin (609-813-3854)

Discover the small-town charm and truly relaxing vacation that awaits guests at this coastal cottage located at the Townsend Inlet Recreational Facility in Sea Isle City.



Continued next page



TIRF Con't

The TIRF is ideal for everyone -- from families looking for a location to host large holiday gatherings and festivities to folks just looking for a cozy room to relax in after a serene walk along the shoreline. Discounted winter rates make this a great time to enjoy the New Jersey coast.

With miles of peaceful beaches, a 1.5 mile promenade, tree and house decorating programs, and a New Year's Eve Fireworks display, winter guests are welcomed as part of the Sea Isle City community.

Reservation Policy:

For a detailed description of property amenities and reservation procedures, please visit <http://www.uscg.mil/d5/airstaAtlanticCity/mwr.asp>. To make your reservations, call 609-263-3722.

Excerpt from the TIRF instruction:

The method to request a reservation is by calling the TIRF at (609) 263-3722. A time-stamped voice-mail system is in place to receive reservation requests that are not answered by an attendant. Be prepared to provide 4 pieces of information: sponsor's name, dates of requested occupancy, whether request is to rent whole facility or an individual apartment, and callback number. Failure to provide all of these elements may prevent a reservation request from being processed.



Medical

Changes and You HS1 Thurston

Recently TRICARE as made a few changes to prescriptions and have taken effect 01 OCT 2011. They are as follows;



Formulary Medications filled at a Non-MTF (Military Treatment Facility):

Mail order: Generic \$0, down from \$3 and Brand \$9, no change

Retail Network (CVS, Walmart etc.): Generic \$5, up from \$3 and Brand \$12, up from \$9

Non Formulary Medications at Mail order or Retail Network: \$25 up from \$22

Starting Jan 1, 2012, Walgreens is leaving the Tricare Network and will no longer be filling prescriptions at the Network cost of \$5, \$12 or \$25 instead the beneficiaries would have to pay the full cost of the medication.

On the Phone:

Air Station 24 Hour Emergency Contact

24 Hour Info Line (Hazardous Weather/ Work Call Info): (609)-677-2030

Operations Duty Officer: (609) 677-2226/7

Air Station Clinic (Active Duty Members)

Duty Health Services Technician : (609) 402-6201

Normal Hours Clinic Phone :(609) 677-2007

Poison Control

Emergency Hotline : (800) 222-1222



Public Affairs Officer

By LT Jay Kircher



Dolphin helicopters modernized with crucial updates.

Atlantic City has become the first Coast Guard air station to achieve initial operating capacity with the delivery of its 10th MH-65D. The most recent upgrades to the Coast Guard's Short Range Recovery Helicopter will replace old, analog navigation systems with modernized, more reliable digital systems, both increasing current operational capabilities and building a solid foundation for future improvements. The aircraft— reclassified as MH-65Ds from MH-65Cs—also gained new digital computer displays, embedded GPS and inertial navigation systems, and other avionic components. Since these upgrades are being combined with the regular overhaul process, impacts to fleet readiness will be minimal.

An end to a Season...

With the air show season closed, again this past year was busy. The command flew 42 public affair flights, hosted 12 tours and attended 3 Air Shows.

As always, the public enjoys talking with the rescue crews and exchanging stories. For those whose occupation takes them from land and places them beyond shore's reach, they give a sigh of relief that highly trained rescue personnel are a call away to render assistance or save a life. For those that gave a tour, thank you for inspiring our youth and promoting the Coast Guard.

In other news

PORTSMOUTH, Va. — A Coast Guard rescue helicopter crew hoisted a 64-year-old man from a 17-foot skiff that was aground in the vicinity of Chincoteague, Va., Monday. Rescued was Tony Difulvio. The Coast Guard MH-60 Jayhawk helicopter crew from Coast Guard Air Station Elizabeth City, N.C., took the man to Riverside Shore Memorial Hospital in Nassawadox, Va. Linda Difulvio contacted Coast Guard Sector Hampton Roads watchstanders at approximately 9 p.m. Sunday, reporting that her husband was in need of assistance. Boatcrews from Coast Guard Station Chincoteague and the Virginia Marine Police launched to assist, but due to surf conditions and water depth, were unable to approach the vessel. The boatcrews remained on scene until the Jayhawk crew arrived. There were no reports of injury.

Even though an MH-60J rescued the individual it was out own crew from Atlantic City (CG Rescue 6522) that was RTB before arriving on scene. Battling 46 mph headwinds is not easy

OCEAN CITY, Md. – The Coast Guard rescued two adults and one child after their 22-foot recreational boat began taking on water 60 miles east of Ocean City Tuesday. Watchstanders at Coast Guard Sector Delaware Bay received a call at 8:26 a.m. from a crewmember aboard the Real Deal, homeported in Ocean City, reporting they were taking on water and sinking. An MH-65 Dolphin helicopter crew form Coast Guard Air Station Atlantic City, N.J., arrived on scene and hoisted the three people aboard the helicopter. The people were transported to Ocean City Airport in Ocean City and transferred to awaiting emergency medical personnel.

ATLANTIC CITY, N.J. - The Coast Guard medevaced a 70-year-old woman from a 965-foot cruise ship 50 miles off the coast here, Friday. Coast Guard watchstanders at Sector Delaware Bay in Philadelphia received a call at 7:52 p.m. from a crewmember aboard the Norwegian Jewel reporting the woman was having kidney failure. An MH-65 Dolphin helicopter crew from Coast Guard Air Station Atlantic City arrived on scene and hoisted the woman into the helicopter and transported her to AtlantiCare Regional Medical Center in Atlantic City for treatment.



Education Corner

Looking to further your education and are lost for direction? Look no further. Our Team of Education Services Officers are here to set you on the correct path. For the latest information check out the Education Services Website on the AIRSTA Intranet. Just click on the red education button located on the main page and your rewarding future is only a key stroke away.

To allow easier access to higher education assistance, new developments include a more efficient and quicker approval process of tuition assistance through Navy Knowledge Online (NKO), more information on the Post 9/11 GI Bill and TEB.

NKO Site: <https://wwwa.nko.navy.mil/portal/home/>
(CAC Card accessible with account)

Post 9/11 GI Bill Site: (http://www.gibill.va.gov/post-911/post-911-gi-bill-summary/Post911_changes.html)

TEB (Transfer of Education Benefits): <https://www.dmdc.osd.mil/TEB/>

Question of the Week from Issue #352

Q: I just graduated from boot camp and want to use tuition assistance to pay for the few courses I need to finish to get my bachelor's degree. I've heard that before I can use TA, I have to get an education credit assessment from the Coast Guard Institute. Why do I need to do that when I earned only six credits in boot camp and none of them will count toward my degree?

A: In July of this year the Institute announced a new requirement that everyone who's working toward an undergraduate degree (associate's or bachelor's) must have on file with the Institute a transcript of service-earned credit that's less than four years old. What this essentially means is that all undergraduate students who want to use TA must have requested an education assessment within the last four years. The rationale for this requirement is that credit earned from Coast Guard training is often credit the student doesn't have to earn by taking a college course – or use TA to pay for such a course. The requirement is intended solely to save money. Unfortunately, as is usually the case with one-size-fits-all policies, this means that a lot of people will have to take the time to request an assessment to get a transcript from the Institute that won't show any credits that can be applied to their degree plans. This is just one of those things in life you do even though it will not do anything useful and will not save the Coast Guard any money.



ESO POC
LTJG Harris 3-3885
LT Paulson 3-3855

Satellite Exchange

The Air Station's Satellite Exchange is up and running. This exchange is similar to a units "ship store" and offers regular Coast Guard apparel, Air Station unit specific apparel, unit patches, ball caps, and many other types of merchandise. Contact LT John Sgarlata if you need a unit patch, or Coast Guard t-shirt (both long and short sleeve). Any merchandise recommendations for the exchange can be made by notifying LT Sgarlata (609-813-3857.)

OMBUDSMEN Corner Con't

Another great way to keep in touch with spouse happenings is Mary Bartolotta's Facebook *USCG Air Station Atlantic City Spouses* page. If you are on Facebook, let us know so that we can invite you to the page.

It is with great sadness that I announce Cynthia Sullens has stepped down as Ombudsman as of October 1, 2011. She will still be involved by volunteering her time to organize playgroups. I would like to thank Cynthia for all the help she has given me and is willing to keep giving the Ombudsman program behind the scenes. I am so happy that we were brought together to bring this program back to the forefront.

Con't next page



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OMBUDSMEN Corner Con't

If you are interested in receiving any of the information that we have put together or any of the on-going communications please contact me with your email address and I will make sure to add you to my contact database.

Other information can also be found at the air station's public website;

<http://www.uscg.mil/d5/airstaAtlanticCity/ombudsman.asp>

Moving to a new area not only means finding a new home, job, or school. It means finding new friends for you and your little ones. It's not always easy, but we are fortunate to have a pseudo-family built in to our moves. Therefore we will be capitalizing on this and be hosting a weekly playgroup in effort to provide a chance for families to meet and kids to play.

The hope is that these play dates will provide an opportunity to make contacts for follow-up play dates.

Unfortunately, due to individual and family schedules, it's not easy to accommodate everybody, every time. In effort to include as many people as possible, we can add dates or shift times based on input.

Looking forward to seeing you soon!

Cynthia Sullens

P.S. Since the intent is to meet and get to know other families, the first few play dates will be held at my house (so the kids can be confined to one area and parents don't have to migrate to supervise their kids), and then weather willing, we may move to Birchgrove Park for future play dates.

PLEASE EMAIL ME IF YOU PLAN ON ATTENDING!!! I need to have an accurate head count to ensure everyone is updated if there are changes to time or place!!

Date/Time

Oct 27 at 930 AM

Nov 01 at 1000 AM

Nov 12 @ 10am (I included a Saturday for spouses who may not be available during the week, but if we do not get anyone interested I will change the date to the 11th)

PLACE:

Casa de Sullens

12 Brewster Drive

Mays Landing, NJ, 08330



Helpful Contact Information & Links

On the Web:

AIRSTA ATLANTIC CITY

<https://cgportal.uscg.mil/delivery/Satellite/>

[AIRSTAATLANTICCITY](http://www.airstaatlanticcity.com)

CG SPOUSES SITE

<http://coastiechicks.net/homeportmerocklandretiredchick.html>

MILITARY SPOUSE EDUCATION

<http://www.militaryfamily.org/get-info/spouse-education/>

National Military Family Association

<http://www.militaryfamily.org/>

TRICARE

<http://www.mytricare.com/internet/tric/tri/tricare.nsf>

DENTAL

DEERS

<http://www.tricare.mil/deers/default.cfm>

DEPARTMENT OF VETERANS AFFAIRS

<http://www.va.gov/>

US FAMILY HEALTH PLAN

<http://www.usfhp.net>

LOCAL DENTAL

Seaview Dental: (609)-652-9020



Commanding Officer
U.S. Coast Guard Air Station Atlantic City
Atlantic City International Airport (Bldg. 350)
Egg Harbor Twp, NJ 08234

